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United States Department of the Interior
Fish and Wildlife Service

Fishery Leaflet 33

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PACIFIC OCEANIC FISHERY
INVESTIGATIONS

Chicago 54, Ill. * May 1945

WHALEMEAT

Prepared in the Division of Commercial Fisheries

Whalemeat as a source of protein food has been appearing in a number of markets and restaurants on the West coast. The flesh of these sea-roving animals resembles venison in taste and beef in color and texture. Once an important item in the nation's dietary, whalemeat is experiencing a comeback conincident with wartime needs for fuller utilization of this little known food resource.

Humpback, sei, and finback whales, considered the best for eating, yield meat in tons - about six, five, and eight, respectively - when dressed. The meat, which may be marketed fresh, frozen, corned, or canned, is cut from the whale in chunks. These, in turn, are sliced into small strips, chilled, and packed in boxes for shipment.

Boneless and gristleless, whalemeat is all meat. Panbroiling the square steaks and serving them sizzling hot is a popular method of preparation. Whalemeat is excellent also for soup stocks, stews, roasts, and curries. There follow five recipes approved by food technologists of the Fish and Wildlife Service:

Stuffed Whale Roast

5 pounds whalemeat
4 tablespoons butter or fortified margarine
Celery salt
4 onions, cut fine
4 cups rice
Salt and pepper

Wash the meat in hot soda water (1 tablespoon soda to 1 quart water), and boil in a large vessel for 20 minutes; remove the scum. Fry the onions and rice in the butter in another large vessel and add the celery salt; salt and pepper to taste. Gradually add 1 cup, or more if necessary, of the liquor in which the meat was boiled. Cook until the rice is softened and the mixture is of the consistency of poultry dressing. Place it on the slices of whalemeat, roll and tie; put in a roaster in a moderately hot oven (375° F.) and cook until well done, basting occasionally with the juice from the bottom of the pan. Small pieces of salt pork and onion placed on the roast before baking it add to the flavor. Serve whalemeat garnished with parsley and fancy cut vegetables.

Fillet of Whale with Mushrooms

2 pounds of whalemeat
3 tablespoons butter or fortified margarine
Salt
Pepper

Cut the whalemeat into small steaks. Melt the butter in a frying pan, sprinkle the meat with salt and pepper and let it stand in the frying pan for 1 hour, turning the steaks over once. Pour off butter into a saucepan and make sauce as directed below. Then put the frying pan on a quick fire and brown the pieces of meat on both sides. Serve the meat hot in the center of a dish with the following mushroom sauce.

Mushroom Sauce

1 tablespoon flour
1 cup water
½ pound mushrooms
2 tablespoons lemon juice

Make a sauce by adding flour to the melted butter poured from the meat. Stir until well blended and add the water and sliced mushrooms, and lastly the meat. Cook until mushrooms are done. Add the lemon juice and pour the sauce over the meat.

Whale Pot Roast

3 pounds whalemeat
1 onion
1 carrot
Flour
Salt
Pepper

Wash and wipe the meat thoroughly, rub with salt, dredge with flour, and brown on all sides in a little fat in a frying pan. Place the whalemeat in a pot or casserole with the sliced onion and carrot, the fat in which the meat was browned, and a little water. Cover and let cook from 2 to 3 hours. When tender, thicken and season the gravy. Serve hot.

Broiled Whale Steaks

Cut whale steaks across the grain of the meat, preferable about one-half-inch thick, and pound with the back of a cleaver to insure tenderness; salt and pepper well; brush with a little cooking oil, and broil as any other steak.

Whale Bobotee

4 cups cold roast whale
1 onion, large
1½ teaspoon salt
1 teaspoon Worcestershire sauce
½ teaspoon savory
Pepper
4 cups mashed potatoes

Mix whalemeat, chopped coarsely, with the finely chopped onion; add the salt, Worcestershire sauce, savory, and pepper and put in a buttered baking dish. Cover with the mashed potatoes and bake in a moderate oven (375° F.) for about 30 minutes, allowing the potatoes to brown slightly.

OTHER RECIPES

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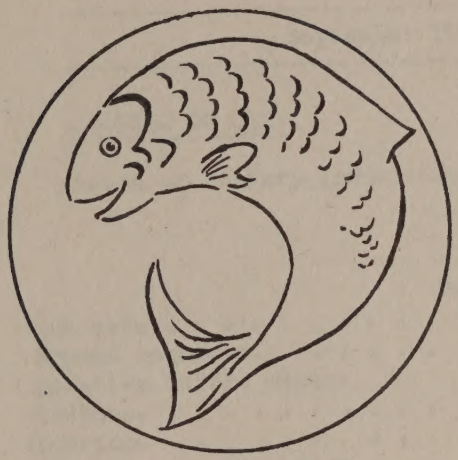

A Manual for Demonstrating the Cooking of Carp

FISHERY LEAFLET 34

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